



Top 10 Reasons to Shop at a Farmers Market

10. Farmers Markets are easy to find.

Use the [USDA Farmers Markets Search](#) to find one near you, after you visit us of course.

9. SNAP and WIC cards are accepted by several of our vendors.

8. You can try a new fruit or vegetable.

7. Farmers often have good recommendations on ways to prepare their products.

6. Buy foods and see how they fit with [ChooseMyPlate](#).

Create a healthy plate with goodies from your local farmers market. Visit different booths to pick up seasonal fruits and vegetables, as well as local dairy, grain and protein products so you can build your healthy plate.

5. Farmers markets can be important anchors for vibrant communities.

4. Get to know your local farmers; learn about foods grown in your area and catch up with friends and neighbors while stocking up with local goods.

3. It's a great way to get your kids interested in healthy foods.

2. Fresh fruit and vegetables are full of antioxidants and phytonutrients.

What are these? Why do we need them? More information at [What's in Food](#).

1. Shopping at farmers markets supports your local farmers and keeps the money you spend closer to your neighborhood. Through the first half of the season the Sandhill Market hosted over 12,500 visitors. Thank you!

Portions of this article courtesy of the [USDA](#)

August Schedule

| | |
|-------------|----|
| Keith Tracy | 4 |
| Keith Tracy | 11 |
| Keith Tracy | 18 |
| Keith Tracy | 25 |



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Last Week of National Peach Month

We have been touting the wonderful peach all month with recipes, interesting facts and a little history. As we close out this series we shift to the lore surrounding this sumptuous fruit. More to the point, Appalachian folk lore and natural remedies.

"A baby that refuses to come can be brought at once and the labor pains will stop, if the woman drinks tea made from bark scraped downwards off a young peach tree."

Peach wood can be used in a magical cure for warts by cutting as many notches in a peach branch as one has warts.

"A mess of peach roots, ground up and mixed with lard, is said to cure the seven-year itch"

A piece of Kentucky lore states that twinned peaches found together indicate that you will be married soon.

Eating a peach pecked by a bird is said to lead to poisoning.

see page two

Market Flash

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More National Peach Month Lore



John George Hohman mentions the use of “peach-stones” as a cure for “gravel” (kidney stones).

Peach pits can also be taken to remedy drunkenness.

The seeds reputedly can help stimulate hair growth in some people.

Peach leaves were thought to be a Colonial-era cure for worms.

Using dried peach leaves in wisdom oil blends to help students focus on studies.

Kentucky lore says that rubbing warts with peach-leaves, then burying them will remove warts.

The leaves were frequently made into a poultice, which could be used to treat headaches, bruises, and bumps caused by a blow or knock to the head.

A peach leave poultice mixed with salt and cornmeal to treat an abscessed tooth.

Girls in the Ozarks pierce their ears when peaches are in bloom, believing that piercing them any other time will lead to infection.

And you thought they were just good for ice cream and margaritas.

Support Your Local Farmers Markets

While we hope to see you every Tuesday afternoon during the season there are other Farmers Markets in the area which need your support.

You will find many of our vendors at these fine markets as well.

Wednesday: [Blythewood Market](#)

Thursday: [Lake Carolina](#)

Saturday: [Kershaw Market](#)

Saturday: [Soda City Market](#)

August 18th Market Photos



The Sandhill Farmers Market... where fun, food, and community come together.

Gardening Tips

Dr. Timothy Davis, Richland County Extension Agent

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Redheaded Azalea Caterpillars

I started seeing one of my favorite fall caterpillars this week — redheaded azalea caterpillars (*Datana major*). I usually spot these first when I see some leaves that have been fed upon with the mid-rib left. I guess they are like kids they don't like that tough green stuff. They almost always show up near the end of August into September.



After hatching from the eggs they are gregarious and are almost always found in groups of 30 – 50 caterpillars. When disturbed the older caterpillars arch their backs into a characteristic "c" shape. The early larvae actually synchronize their movement when disturbed. I've posted a video of this on my Facebook page. The younger caterpillars have a red head with yellow and red stripes on the body. The older caterpillars are darker in color and the red on the head and prolegs is very bright colored.

While they can eat quite a few leaves I've never seen them kill a plant. They are pretty easy to control if you feel you need to. Just look for the damage and the caterpillars won't be far away. Since they are all clumped together it is pretty easy to physically remove them without the use of pesticide. If you have a larger area and want to use a pesticide the products that contain *Bacillus thuringiensis* (Bt) work pretty well on the younger larvae.

Follow Dr. Davis on Facebook or Tumblr at: www.facebook.com/CountyAgentAlmanac, <http://urbanipm.tumblr.com/>



Arugula Salad with SC Peaches and Blue Cheese

- ◇ 1 tablespoon lemon juice
- ◇ ¼ teaspoon salt
- ◇ 5 tablespoons extra virgin olive oil, divided
- ◇ 3 ripe SC peaches, peeled and each cut into 6 wedges
- ◇ 18 thin slices prosciutto
- ◇ 4 cups baby arugula
- ◇ 3 ounces crumbled blue cheese

Whisk together lemon juice, salt and 3 tablespoons olive oil. Set aside. Wrap one slice prosciutto around each peach wedge, overlapping ends of prosciutto. Heat remaining olive oil in a medium non-stick pan over medium heat and briefly cook wrapped peaches. Turn occasionally with tongs, about one minute for each side. Divide arugula and warm prosciutto-wrapped peaches among salad plates. Drizzle with dressing and sprinkle with blue cheese and pepper. Serve immediately.

Courtesy of the SC Peach Council

See how many of these ingredients you can find at the Sandhill Farmers Market!

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Our Market Supporters: [AgSouth Farm Credit](#), [Columbia NE Kiwanis](#), [Spring Valley Rotary Club](#),

Listing of 2015 Farmers Market Vendors

The Sandhill Farmers Market is fortunate to have the participation of so many quality vendors. Their selections run the gamut from fresh produce, fruits, seafood, wood crafts, fabric crafts, baked good, plants, shrubbery, natural personal care products, prepared foods and more. Some vendors are with us for the entire 30 week season, some for half of the season and others on a week to week basis. Following you will find a listing of the hard working entrepreneurs waiting to greet you. All of those in ***bold italics*** have links built in. Please note that not all vendors are able to participate in every market.

| Name |
|---|
| <i><u>Asya's Organic Farms</u></i> |
| Isom's Delights |
| <i><u>The Peanut Man</u></i> |
| <i><u>The Crescent Olive</u></i> |
| <i><u>Mercer House Estate Winery</u></i> |
| Junior Chefs |
| AAA Greenthumb |
| Martin Farms Produce |
| <i><u>Erbe</u></i> |
| Paparazzi Jewelry |
| <i><u>The Belgian Waffle Truck</u></i> |
| Bee My Honey |
| <i><u>Chill Out Pops</u></i> |
| Lexington Shades of Green |
| Penny's Quilts and Gifts |
| <i><u>Lane Specialty Gardens</u></i> |
| <i><u>Sunny Cedars Farm</u></i> |
| CSD Enterprises |
| The Veggie Patch |
| It's My Sister's Fault |
| <i><u>January Remington</u></i> |

| Name |
|---|
| <i><u>Southern Sky Yoga</u></i> |
| <i><u>Leesville Aquaponics</u></i> |
| <i><u>Trail Ridge Farm and Dairy</u></i> |
| Ms. Zessie's Specialties |
| <i><u>Jamerry Nails</u></i> |
| <i><u>Palmetto Polar Snow</u></i> |
| <i><u>Doswell Farm</u></i> |
| <i><u>Chi Design</u></i> |
| <i><u>Livingston Farms</u></i> |
| Ashley's |
| <i><u>Old McCaskill's Farm</u></i> |
| The Bird Man |
| <i><u>Nanna's Naturals</u></i> |
| Conyer's Farms of Kingstree |
| <i><u>Company of OHS</u></i> |
| <i><u>The Shrimp Guy</u></i> |
| <i><u>Boutique Poulet</u></i> |
| Bradham Farms |
| Judith's Hands |
| Lem's Farm Shop |
| Cakes and More by Angela |



| | |
|---------------------------------------|---------------------------------------|
| <i><u>Congaree Milling</u></i> | <i><u>McCurley Farms</u></i> |
| 3G's | <i><u>Penny's Naturals</u></i> |

Each week we talk with perspective vendors interested in participating at the Sandhill Farmers Market. If you would like to become a vendor please visit our [market page](#) and view the vendor information along with the vendor application found in the right hand navigation pane.

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